

PLAN YOUR NEIGHBORHOOD PREPAREDNESS PARTY



NEIGHBOR LINK PROGRAM: JUNE 1 – AUG 31
PARTY RESOURCES, IDEAS, EDUCATIONAL INFORMATION
LOOK INSIDE FOR MORE DETAILS



mc1763A.indd

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Neighborhood **Block Parties**



Plan a Preparedness Party

Let's face it, thinking about the possibility of preparing for an emergency where a family or community may need to shelter in place for 7 days or more is a very daunting. Living in the Pacific Northwest, we've been told not if, but when, to prepare for a very large scale earthquake. Emergency Preparedness also means being prepared for the possibility of a wind or snow storm that knocks out power for days at a time.

The summer is a great time as you plan your get-togethers with neighbors for education and preparation. Neighbor Link in collaboration with our Fire Partner, Office of Emergency Management, encourages those who live or work in Bellevue to start with the basics and build an emergency kit, for your home, office and/or car. It's also a great time to meet the individuals who are trained in your neighborhood. You will be each other's first responder and providers in the case of an emergency.

Not interested in a Preparedness Party but like the idea of sharing this emergency information with your neighbors? An idea would be to incorporate an information table/or swap table into your planning, create an example of a kit, and create a sign-up list for neighbors that might be interested in this topic at a later date.

Party Ideas

- Every great party has good food – organize your event to include a potluck
- Include a firetruck visit – plan ahead by using the Firetruck availability calendar
- Have your neighbors bring a creative edible appetizer and award best recipe, made from foods that might be included in an emergency kit (examples are Beef Jerky Appetizers, Vienna Sausage creations, canned fruits/vegetables, peanut butter, etc...); Learn what are some of the best non-perishable foods to have on hand in case of an emergency. (<https://www.realsimple.com/food-recipes/shopping-storing/emergency-foods>)
- Set up a swap table. How many pocket knives, flashlights, can openers, etc. might you have in your junk drawer? Exchange for something you might need or share with neighbors who might appreciate the item.
- Have a table display with fun or special items that would keep you busy for 7 days. It could be the book you've never read, a special game, cards or a favorite toy
- Have an emergency kit on display as an example or have your neighbors take pictures of the kits they've prepared and post to OEM facebook or twitter account



Neighborhood Block Parties



Resources for your Party



FLYER
Customize for your event



A-Board



Emergency Kit stickers

- Meet an Emergency Management educator, who will demo how to use a fire extinguisher (need an electrical connection to plug in), turn off utilities, bring a demo sample emergency kit <http://www.bellevuewa.gov/fire-tour-forms.htm>
- Pictograms in different languages (15) are available: Amharic, Arabic, Chinese, English, Farsi, Hindi, Japanese, Khmer, Korean, Punjabi, Russian, Somali, Spanish, Urdu, Vietnamese
- Coloring books for children



Example of Chinese pictograms



Neighborhood **Block Parties**



Emergency Preparedness Tips – Resource List

- Disaster Preparedness Calendar
- Home Safety Checklist
- Build a Kit on a Shoestring Budget video link -
<https://www.youtube.com/watch?v=tSRNP8moKx0>
- Office of Emergency Management (OEM) Newsletter link: Subscribe to Newsletter
<http://www.ci.bellevue.wa.us/emergency-preparedness.htm>
- Follow OEM on Facebook | Twitter
- Pictograms available for download in each respective language at the following link:
http://www.ci.bellevue.wa.us/preparedness_educational_materials.htm
- **City of Bellevue Contact: Sophia L. Lopez, MPS**
 - Emergency Management Coordinator
 - Public Education | Vulnerable Populations
 - Office of Emergency Management
 - 450 110th Ave. NE, Bellevue, WA 98009
 - Direct 425-452-4161 | slopez@bellevuewa.gov
- Alert King County – emergency notification alerts sign up link -
<http://www.kingcounty.gov/depts/emergency-management/alert-king-county.aspx>





American Red Cross



DISASTER PREPAREDNESS CALENDAR

Your Disaster Preparedness Calendar is designed to guide you through the process of building a disaster supplies kit and developing a home disaster plan over a six month time frame. The calendar guides you through a weekly progression of preparedness actions. As you progress, check off the preparedness steps you've taken. If you live with other people, get them involved. Once you get started, it gets easier knowing you are taking steps towards protecting your wellbeing.

You can do this. Start today.

The Red Cross recommends having a seven to fourteen day emergency supply of water and non perishable food. How much water? One gallon per person per day for drinking, cooking and hygiene. If you live in a remote area or an island, plan for a fourteen day supply of food and water. Having a disaster plan and supply kit will increase your ability to help others during times of regional disruption.

BUILD A KIT • MAKE A PLAN • BE INFORMED

Build a Kit

Visit the Red Cross online store at www.redcrossstore.org to purchase a disaster preparedness kit. Recommended items can also be found at grocery, camping, and hardware stores. Consider the needs of all family members and add supplies to your kit as needed. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate. Remember to plan for your pet's needs.

Make a Plan

Get the people you live with involved in preparedness efforts. When major disruptions such as an earthquake happen, local phone lines will be overwhelmed. Calling long distance is much more effective. Establish an out-of-area contact who can relay messages between you and your loved ones. Share your out-of-area contact number with your family members so they know who to call. Learn how to turn off gas and electric power at your home. Establish a meeting spot outside your home in case of evacuation. Have a primary and a secondary escape route out of each room. Practice fire and earthquake drills with your family twice a year.

Be Informed

Get trained in First Aid & CPR. Save a life. Visit www.redcross.org to register for a class. Schedule a disaster preparedness education presentation for your community group, faith group, school or work place. Call the number listed below or visit safeinthesound.org. Participate in a Community Emergency Response Team (CERT Team).

Visit www.citizencorps.gov/cert/ for trainings and find a CERT team near you.



Download free disaster preparedness apps available for iPhone and Android users.

Search "**American Red Cross**" at the Apple App or Google Play Stores for:

- Earthquake App • Hurricane App • First Aid App • Shelter Finder App •



PUGET SOUND ENERGY

The Energy To Do Great Things



**American
Red Cross**

Safe in the Sound

For more information about disaster preparedness, visit us online at:

safeinthesound.org

Click on "Contact Us" to find your closest Red Cross Chapter.

King, Kitsap & North Mason Counties Chapter:

Seattle 206-323-2345 / Bremerton 360-377-3761

Snohomish County Chapter: 425-252-4103

Mt. Baker Chapter: 360-733-3290

Mount Rainier Chapter: 253-474-0400

Olympic Peninsula Chapter: 360-457-7933

The Islands Chapter: 360-293-2911

The following check list is designed to build a fourteen day supply kit for one person. Adjust quantities based on the number of people in your household.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 gallons water * <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 3 cans meat * <input type="checkbox"/> 1 hand-operated can opener <input type="checkbox"/> Permanent marking pen <p>Additional: pet food, diapers, baby food</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date perishable items with marker <input type="checkbox"/> Decide upon & notify out-of-area contact who can coordinate information for scattered family members 	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Disaster Kit from American Red Cross OR <input type="checkbox"/> Heavy cotton or hemp rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> Matches in waterproof container for outside use ONLY with appropriate camp stove or BBQ <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sign up for First Aid/ CPR class at local American Red Cross <p>Additional: leash or carrier for your pet, extra set of I.D. tags.</p>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 gallons water <input type="checkbox"/> 2 cans meat * <input type="checkbox"/> 2 cans fruit * <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Paper & pen <input type="checkbox"/> Local map <input type="checkbox"/> Pain reliever <input type="checkbox"/> Laxative <p>Additional: 1 gallon water for each pet</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out about what kinds of disasters can happen in your area <input type="checkbox"/> Encourage neighbors to develop their own plans 	<p>HARDWARE Store or AMERICAN RED CROSS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Compass <input type="checkbox"/> Medicines / prescriptions "for emergency use", contact-lens supplies <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency 	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 gallons water* <input type="checkbox"/> 2 cans fruit* <input type="checkbox"/> 2 cans vegetables* <input type="checkbox"/> 2 cans meat* <input type="checkbox"/> 3 rolls toilet paper <input type="checkbox"/> Extra toothbrush <input type="checkbox"/> Travel-size toothpaste <p>Additional: Special foods for special dietary needs</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify escape routes from house for all family members <input type="checkbox"/> Identify safe places to go in case of fire, flood, earthquake, or other local disasters <input type="checkbox"/> Practice a drill for each of your plans 	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> American Red Cross First Aid kit which includes sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, sterile roller bandages, latex gloves <input type="checkbox"/> Safety pins <input type="checkbox"/> Sunscreen <p>Action Step:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify storage area for your supplies such as closet along an inside retaining wall, or several heavy-duty, watertight plastic garbage cans that can be stored outside . If using outside storage—ensure container is weather and animal proof.
WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 cans ready-to-eat soup (not concentrated)* <input type="checkbox"/> 3 cans fruit* <input type="checkbox"/> 3 cans vegetables* <input type="checkbox"/> Sewing kit <input type="checkbox"/> Disinfectant <p>Additional: Extra baby supplies (bottles, formula, diapers)</p> <p>Action Steps: Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and tie the bag to your bed frame</p>	<p>FIRST AID SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid antibacterial hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing needles <input type="checkbox"/> Petroleum jelly or other lubricating cream <input type="checkbox"/> 2 tongue blades <input type="checkbox"/> (Check your American Red Cross First Aid Kit before shopping to avoid duplication) <p>Additional: Put extra eyeglasses in First aid kit</p>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 cans ready-to-eat-soup* <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Household chlorine bleach with medicine dropper for water treatment <input type="checkbox"/> 1 box heavy-duty garbage bags with ties <input type="checkbox"/> Antacid (upset stomach) <p>Action Steps: Test smoke detectors and replace batteries</p>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable container for important papers <input type="checkbox"/> AM/ FM Radio <input type="checkbox"/> Wrench to turn off utilities <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make sure everyone in the house knows where to find gas and water meter shut-off valves and how to turn them off <input type="checkbox"/> Attach a wrench near each shutoff valve so it is there when needed 	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 box high-energy snacks <input type="checkbox"/> 3 rolls paper towels <p>Additional: Keep extra battery for cell phone or change for pay phone usage in disaster supplies</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Locate pay phones closest to your home 	<p>GROCERY or PET CARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Litter and box <input type="checkbox"/> Extra water <input type="checkbox"/> Pet First Aid Kit <p>Additional: Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit. Keep emergency supply of any special pet medication needs</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Photocopy important documents and store in ziploc bag: drivers license, medical prescription, insurance info, will, etc...

*One per person

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Action Steps <ul style="list-style-type: none"> <input type="checkbox"/> Add to emergency supplies a change of clothing and pair of shoes for each person in the family <input type="checkbox"/> Put together a selection of favorite and most used spices—salt, pepper, sugar—in small packets <input type="checkbox"/> Put aside utensils, cup, plate, and bowl for each person <input type="checkbox"/> Check to be sure all perishables have been dated 	Check your American Red Cross Disaster Kit OR Buy <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> Extra batteries for flashlights and radio <input type="checkbox"/> Pry Bar Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> Check with your children's day care center or school about disaster plans and contacts 	HARDWARE Store <ul style="list-style-type: none"> <input type="checkbox"/> Pliers <input type="checkbox"/> Screwdriver <input type="checkbox"/> Hammer <input type="checkbox"/> Strapping and fasteners for water heater, bookcases and computer (see American Red Cross for Quakehold supplies) Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> Secure bookcases, water heater, computer, kitchen cabinets or heavy items that could fall in an earthquake 	GROCERY Store <ul style="list-style-type: none"> <input type="checkbox"/> 3 cans fruit* <input type="checkbox"/> 3 cans meat* <input type="checkbox"/> 3 cans vegetables* <input type="checkbox"/> 2 Gallons water* Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> Develop a disaster supply kit for your vehicles or purchase a ready-made kit from the American Red Cross <input type="checkbox"/> Find out if you have a neighborhood safety group and become involved 	HARDWARE Store <ul style="list-style-type: none"> <input type="checkbox"/> "Child-proof" latches or fasteners for cupboards <input type="checkbox"/> Quakehold museum putty from American Red Cross to secure movable items on shelves Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> Secure doors and movable items 	GROCERY Store <ul style="list-style-type: none"> <input type="checkbox"/> 1 box graham - crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> Dry cereal Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> Arrange for someone to help your children if you are unavailable or at work Additional: Special equipment such as hearing aid batteries
WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
FIRST AID SUPPLIES <ul style="list-style-type: none"> <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Antidiarrheal medication <input type="checkbox"/> Antiseptic Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> Procure sleeping bag or blanket for each family member 	GROCERY Store <ul style="list-style-type: none"> <input type="checkbox"/> 3 cans meat* <input type="checkbox"/> 3 cans vegetables* <input type="checkbox"/> 1 box facial tissues <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Dried fruits/nuts <input type="checkbox"/> 2 Gallons water* Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> Assemble an activity box of cards, games, toy 	HARDWARE Store <ul style="list-style-type: none"> <input type="checkbox"/> Plastic bucket with tight lid for toileting needs <input type="checkbox"/> Plastic sheeting Additional: Denture care supplies Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area 	GROCERY Store <ul style="list-style-type: none"> <input type="checkbox"/> 2 boxes quick energy snacks <input type="checkbox"/> Comfort foods (candy bars, cookies, etc.) <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> Purchase and install emergency escape ladder for upper floors (available from American Red Cross) 	HARDWARE Store Check your American Red Cross Disaster kit OR Buy <ul style="list-style-type: none"> <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Work gloves <input type="checkbox"/> Safety goggles <input type="checkbox"/> Disposable dust mask* Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> Photograph or videotape the contents of your home and send to an out of town friend to store 	Congratulations Ongoing Action Steps: <ul style="list-style-type: none"> <input type="checkbox"/> When you change your clocks for day light savings, take the opportunity to revisit your disaster preparedness plan. <input type="checkbox"/> Check expiration dates on your food supply, replenish as needed <input type="checkbox"/> Refill water supply <input type="checkbox"/> Test smoke alarms and change batteries once a year <input type="checkbox"/> Practice fire and earthquake drills

*One per person



HOME SAFETY CHECK-LIST

OUTSIDE THE HOME

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are house numbers visible from the street?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are combustible materials and overgrown vegetation kept away from the house?

SMOKE ALARMS and CARBON MONOXIDE DETECTORS

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are smoke alarms installed on every level, including the basement? In each sleeping room, and outside of sleeping rooms? (Smoke alarms should not be installed within 3 feet of air diffusers, or within 20 feet of cooking or steam producing areas)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are smoke alarms installed and maintained properly? (Batteries replaced at least annually, are vacuumed regularly, less than 10 years old)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are carbon monoxide detectors installed in the house near gas-fueled appliances?

HEATING

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are combustible materials and bedding kept at least 3 feet away from portable space heaters?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are combustibles, curtains, and furnishings kept at least one foot away from baseboard heat?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are furnace filters kept clean or replaced regularly? Is combustible storage kept away?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the fireplace have a metal screen?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Has the chimney been inspected or cleaned regularly?

KITCHEN

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are stove tops and counter tops free of combustibles and clutter?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident know how to control a fire in the microwave? (Keep the door closed and turn off the heat)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident know how to control a fire in the oven? (Keep the door closed and turn off the heat)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	When cooking, does the resident always stay in the kitchen and not leave food on the stove unattended?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident know how to control a grease fire on the stove? (Put a lid on it, and turn off the heat)(Keep oven mitts or pot holders nearby)

ELECTRICAL

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are electrical outlets used appropriately without overloaded conditions?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are electrical cords maintained free of frayed or worn areas?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are extension cords used appropriately? (Cords don't extend under rugs, or through doors?)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Electrical panel – Are circuit breakers adequately labeled?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Electrical fuse box – Are pennies or tape used to complete the circuit?

SMOKING

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are ash trays emptied into a metal container?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident have house rules of not smoking in bed or when lying down?

HOUSEKEEPING

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are candles used safely? (Lit candles should not be left unattended)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are fireplace and barbeque ashes disposed of in a metal container?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Is the clothes dryer lint screen and exhaust vent free of lint accumulation?

GARAGE

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Is there a solid core door between the garage and the residence?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are fueled power tools and equipment stored properly?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are flammable and combustible liquids stored properly?

ESCAPE PLAN and DRILLS

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident/family have an escape plan? Practice their evacuation regularly?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are escape windows easily opened from the inside? (A sill height not more than 44 inches and a net clear opening of 5.7 sq. ft.)(Clear opening height = 24 in. & Clear opening width = 20 in.)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Are all exits free of furnishings, toys, or clutter?

FALL PREVENTION

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident have throw rugs secured to the floor?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident have adequate handrails at stairs, decks, or uneven surfaces?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident have a clear floor area to walk around without tripping?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident know how to stand slowly after sitting to avoid dizziness?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident use night lights or leave lights on to improve visibility?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident review medications with their doctor at least annually?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident wear safe shoes in the home? (Non-slip soles, or those with better support)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident keep items most frequently in the mid-zone to prevent from bending over?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident have a step stool to reach things that are out of reach?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident have a bath mat to prevent slipping in the tub?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident have grab bars in the bathroom or toilet area to prevent falls?

EMERGENCY PREPAREDNESS

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident have an out of state contact?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident know what to do during an earthquake? (Drop, cover, and hold)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident have emergency supplies stored? (Food, water, etc. for at least 3 days)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Does the resident have any extra medication on hand?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Has the resident secured heavy items or moved them from high places to prevent injury?
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Has the resident secured / strapped the hot water heater to the wall?

In case of an emergency, Call 911